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CLAIMS

- 1. A composition for treatment of external aggressions to the skin, nails, or hair comprising a soy product.
- 2. A composition of claim 1, wherein said external aggression is a result of chemical contact.
- 3. A composition of claim 1, wherein said external aggression is a result of physical contact.
- 4. A composition of claim 2, wherein said external aggression is damage from the use of cleansers.
- 5. A composition of claim 3, wherein said external aggression is damage from shaving.
- 6. A composition of claim 1, wherein said composition is for the treatment of external aggressions to the skin.
- 7. A composition of claim 2, wherein said composition is for the treatment of external aggressions to the skin.
- 8. A composition of claim 3, wherein said composition is for the treatment of external aggressions to the skin.

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- A composition of claim 4, wherein said composition is for the treatment of external aggressions to the skin.
- A composition of claim 5, wherein said composition is for the treatment of external aggressions to the skin.
- 11. A composition of claim 1, wherein said soy product has a thiol retention activity of at least about 75%.
- 12. A composition of claim 2, wherein said sov product has a thiol retention activity of at least about 75%.
- A composition of claim 3, wherein said soy product has a thiol retention activity of at least about 75%.
- 14. A composition of claim 4, wherein said soy product has a thiol retention activity of at least about 75%.
- 15. A composition of claim 5, wherein said soy product has a thiol retention activity of at least about 75%.
- A method for treatment of external aggressions to the skin, nails, or hair comprising the topical application of a soy product.

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- 17. A method of claim 16, wherein said external aggression is a result of chemical contact.
- 18. A method of claim 16, wherein said external aggression is a result of physical contact.
- 19. A method of claim 17, wherein said external aggression is damage from the use of cleansers.
 - 20. A method of claim 18, wherein said external aggression is damage from shaving.
- 21. A method of claim 16, wherein said method is for the treatment of external aggressions to the skin.
- 22. A method of claim 17, wherein said method is for the treatment of external aggressions to the skin.
- 23. A method of claim 18, wherein said method is for the treatment of external aggressions to the skin.
- 24. A method of claim 19, wherein said method is for the treatment of external aggressions to the skin.
- 25. A method of claim 20, wherein said method is for the treatment of external aggressions to the skin.
- 26. A method of claim 16, wherein said soy product has a thiol retention activity of at least about 75%.

- 27. A method of claim 17, wherein said soy product has a thiol retention activity of at least about 75%.
- 28. A method of claim 18, wherein said soy product has a thiol retention activity of at least about 75%.
- 29. A method of claim 19, wherein said soy product has a thiol retention activity of at least about 75%.
- 30. A method of claim 20, wherein said soy product has a thiol retention activity of at least about 75%.
- 31. A composition of claim 1, wherein said soy product has been exposed to gamma irradiation.
- 32. A method of claim 16, wherein said soy product has been exposed to gamma irradiation.